

**Governor's Office of Homeland Security
and Emergency Preparedness**
State of Louisiana

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Dangerous Heat Levels Continue in Louisiana

BATON ROUGE (June 16, 2016) – The Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP) is urging everyone to use caution this week due to ongoing dangerous heat levels. The National Weather Service (NWS) indicates the forecast for much of the state includes temperatures in the mid-90's to upper-90's. Those temperatures combined with high dew points means the heat index will exceed 100 degrees across the state.

According to the NWS, the heat index is what the temperature feels like to the human body with relative humidity is combined with the air temperature. This has important considerations for the human body's comfort.

"Please be safe if you are working outdoors," said GOHSEP Director Jim Waskom. "Watch for warning signs of heat exhaustion for yourself and your co-workers. Take frequent breaks and stay hydrated. Check on loved ones and neighbors who may need assistance dealing with the heat. Stay aware of the conditions in your region and look for possible heat related advisories or warnings from the National Weather Service."

Here are some heat wave safety tips from the NWS:

- Wear lightweight, loose fitting clothing and a hat.
- Drink water, even if you are not thirsty.
- When working outdoors, take frequent breaks.

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- Save strenuous exercise for the early morning.
- Don't get too much sun and wear sunscreen.

Find more tips on weather and preparedness on GOHSEP's Facebook and Twitter accounts. You can receive emergency alerts on most smartphones and tablets by downloading the new Alert FM App. It is free for basic service. You can also download the Louisiana Emergency Preparedness Guide and find other information at www.getagameplan.org.

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